

Alcatraz Island, CA - Mar 1986

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	2:39	5.9	3:50	4.1	9:12	0.4	8:44	2.2	6:40	6:03	
2	Sun	3:23	6.0	5:28	3.8	10:22	0.2	9:40	2.8	6:39	6:04	
3	Mon	4:17	5.9	7:17	3.9	11:40	0.0	11:02	3.3	6:38	6:05	
4	Tue	5:24	5.9	8:37	4.3			12:58	-0.2	6:36	6:06	
5	Wed	6:38	5.9	9:30	4.6	12:39	3.3	2:05	-0.5	6:35	6:07	
6	Thu	7:48	6.0	10:11	4.9	1:57	3.1	3:00	-0.7	6:33	6:08	
7	Fri	8:50	6.0	10:48	5.1	2:58	2.7	3:47	-0.8	6:32	6:09	
8	Sat	9:45	6.0	11:21	5.2	3:50	2.2	4:28	-0.7	6:30	6:09	
9	Sun	10:35	5.9	11:52	5.3	4:36	1.8	5:05	-0.5	6:29	6:10	
10	Mon	11:22	5.7			5:19	1.4	5:38	-0.2	6:27	6:11	
11	Tue	12:20	5.4	12:07	5.3	6:00	1.1	6:10	0.3	6:26	6:12	
12	Wed	12:46	5.4	12:52	5.0	6:39	0.9	6:41	0.8	6:25	6:13	
13	Thu	1:11	5.4	1:39	4.6	7:19	0.8	7:12	1.4	6:23	6:14	
14	Fri	1:35	5.4	2:31	4.2	8:00	0.7	7:43	2.0	6:22	6:15	
15	Sat	2:02	5.4	3:33	3.9	8:45	0.7	8:18	2.6	6:20	6:16	
16	Sun	2:34	5.3	4:57	3.7	9:38	0.7	9:01	3.1	6:18	6:17	
17	Mon	3:14	5.1	6:52	3.7	10:42	0.7	10:13	3.4	6:17	6:18	
18	Tue	4:09	5.0	8:16	3.9	11:56	0.7	11:57	3.5	6:15	6:19	
19	Wed	5:17	4.9	9:00	4.1			1:04	0.5	6:14	6:20	
20	Thu	6:29	5.0	9:30	4.3	1:14	3.4	2:00	0.2	6:12	6:21	
21	Fri	7:34	5.1	9:57	4.5	2:08	3.0	2:45	-0.1	6:11	6:22	
22	Sat	8:30	5.3	10:22	4.7	2:51	2.6	3:23	-0.3	6:09	6:23	
23	Sun	9:21	5.5	10:47	5.0	3:30	2.1	3:58	-0.3	6:08	6:24	
24	Mon	10:10	5.6	11:13	5.2	4:09	1.6	4:31	-0.2	6:06	6:25	
25	Tue	11:00	5.6	11:41	5.5	4:49	1.0	5:05	0.0	6:05	6:25	
26	Wed	11:51	5.4			5:31	0.4	5:39	0.5	6:03	6:26	
27	Thu	12:10	5.8	12:46	5.1	6:15	-0.1	6:15	1.0	6:02	6:27	
28	Fri	12:41	6.1	1:45	4.8	7:03	-0.4	6:54	1.7	6:00	6:28	
29	Sat	1:17	6.2	2:51	4.4	7:55	-0.6	7:37	2.3	5:59	6:29	
30	Sun	1:58	6.1	4:10	4.2	8:54	-0.6	8:29	2.8	5:57	6:30	
31	Mon	2:48	6.0	5:41	4.1	10:02	-0.5	9:42	3.2	5:56	6:31	